

OTTAWA

metro

®

NEWS
WORTH
SHARING.**Mould closes rink in Chelsea**

Meredith Centre arena closed indefinitely after air quality hits unsafe levels **PAGE 3**

Not stalk stalk, editor insists

University paper's frosh-week joke article draws ire, called a harassment 'how-to' **PAGE 6**

THAT'D BE A WHOPPER OF A MERGER

SHARES OF BURGER KING & TIM HORTONS GET HOTTER AFTER WORD A DEAL MAY BE COOKIN' **PAGE 7**



Sens extend Anderson to 2018



The Senators locked up goalie Craig Anderson Monday, signing him to a three-year extension. FRANK FRANKLIN II/THE ASSOCIATED PRESS

\$12.6M over three years. Extension follows Robin Lehner deal — so who will be team's No. 1 goalie?

The Ottawa Senators believe they'll have one of the best goaltending tandems in the NHL rather than a goaltending controversy.

The Senators signed Craig Anderson to a three-year contract extension on Monday worth US\$12.6 million, just weeks after signing Robin Lehner to a three-year deal.

"I think it's a great thing for the Ottawa Senators having two guys that we feel can be No. 1, two guys that can go in the net at any point in time and win games," said Senators assistant GM Pierre Dorion. "I think they work well with each other, they're going to push each other and I think it's only a good thing for our team and our fans."

The 33-year-old Anderson has one year remaining on the four-year deal he signed with Ottawa prior to the 2011-12 season. He'll make \$4.75 million in 2015-16 and 2016-17 and then drop to \$3.1 million in 2017-18.

He was relieved to have the contract completed before the start of the season.

"Taking the contract part out of the equation allows me to focus completely, 100 per cent, on my job of stopping the puck and there's no distraction whatsoever from that part of the game," Anderson said. "That's exciting for me and a good feeling that I'm going to be part of the Senators' organization for the next few years."

With both Lehner and Anderson both under contract, the big question will be: Who is No. 1? The 23-year-old Lehner was considered Ottawa's goaltender of the future, though Anderson's new deal raises the question of when that future will come.

Dorion said GM Bryan Murray instructed him to tell reporters that whoever wins games will play.

Anderson anticipates Lehner will push him for playing time and said that's a benefit for any goalie.

"I'm looking forward to working with him and helping him improve," Anderson said. "By him being a better goalie he's going to help me become a better goalie and we're going to be a better team because of it."

THE CANADIAN PRESS

TOYOTA 2014 FACTORY EVENT

LEASE FROM
\$85
SEMI-MONTHLY*
FOR 60 MONTHS AT
0.9%
WITH \$0 DOWN

FINANCE FROM
\$99
BI-WEEKLY**
FOR 84 MONTHS AT
1.9%
WITH \$0 DOWN



COROLLA
Like you've never seen it before.

TOYOTA
toyota.ca

*Limited time 0.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See www.toyota.ca or your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of \$16,815 (includes \$1,520 freight/PDI). Includes \$700 Lease Assist which is deducted from the negotiated selling price after taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at \$0.05/km at time of lease inception, and a charge of \$0.07/km for excess kilometres. Dealer may lease for less. Time limited offer at participating dealer. Offer subject to change/cancellation without notice.
**Limited time purchase financing offer provided through Toyota Financial Services on approved credit on all new 2014 Corolla models. Representative finance example based upon a 2014 Corolla CE 6M with a vehicle price of \$16,732 (includes \$1,520 freight/PDI) financed at 1.9% APR with \$0 down payment equals \$98.22 bi-weekly for 84 months. Cost of borrowing is \$1,143.65, for a total obligation of \$17,876.04. Includes \$900 Finance Assist which is deducted from the negotiated selling price after taxes. Taxes, license, insurance, registration and applicable duties, levies and fees are extra. Dealer may sell for less. Time limited offer at participating dealer. Offer subject to change/cancellation without notice. See your participating Toyota dealer.

Mould forces arena's closure at \$10M facility in Chelsea

Meredith Centre.

Fungus growing in the arena since the north wall collapsed under snow in February 2013

TREVOR GREENWAY &
LUCY SCHOLEY
ottawa@metronews.ca

The arena portion of a \$10-million community centre in Chelsea, Que., has been closed down indefinitely while air quality crews deal with growing mould issues inside the building.

Recent air tests in the Meredith Centre hockey arena confirm that spore counts are above acceptable limits, and the municipality decided to close the building down immediately to avoid any health issues with hockey players and figure skaters using the ice.

"As a preventative measure, they decided to close the arena, because they didn't want anyone to get ill," said Meredith Centre's director-general Sharon Ryan on Monday. "(The reports) also state that there is only difficulty when there is prolonged breathing and people wouldn't be in (the arena) for long periods of time."

Although the report suggests that exposure levels could cause health issues for those who spend extensive time in the building, officials aren't



The Meredith Centre arena has been closed down indefinitely because of growing mould. TREVOR GREENWAY/METRO

concerned about employees and say most spend their days in offices away from the arena — or the Zamboni driver, who only spends 15-minute stints cleaning the ice.

"For the limited exposure that people had, there's no cause for concern or health risk or anything like that," said Peter Sudermann, president of the Chelsea Foundation board, which runs the programming

in the Meredith Centre.

He said there has been mould growing in the arena since the north wall collapsed under snow in February 2013. Because workers erected a temporary plywood wall, it has been difficult to control the humidity, he said, so mould has formed on the wall and the ceiling of the arena.

"There have been tests and monitoring of this all along,"

he said. "The centre has been safe."

They were already planning to erect a permanent wall in late September or early October, but are hoping to expedite the construction process.

It's bad timing for the closure, as Des Collines Minor Hockey selection camps were set to begin last week. All ice times have been moved to different arenas.

The community centre portion of the Meredith Centre remains open, as do summer camps and classes.

"It's a completely separate ventilation system. It is completely two HVAC systems, they are totally separate," Ryan said, adding that air tests for the community centre came back "fine."

Chelsea did not share the results with Metro by press time.

'One final act of kindness'. Family remembers Michael Lumahang

Rene Tremblay had always looked up to his older stepbrother, Michael, as a protector, but now that he died saving a 12-year-old boy in the Ottawa River, he also considers him a hero.

Michael Lumahang, 39, went missing Saturday after jumping into the Ottawa River near Bate Island to rescue a friend's son. They were at the popular picnic spot near the Champlain Bridge that afternoon with family and friends.

Just before 6:30 a.m. Sunday, the Ottawa police Marine, Dive, and Trail Unit recovered Lumahang's body near the shore.

It wasn't unusual for him to help others without being asked because that was the kind of guy Michael was, said Tremblay when reached by



Michael Lumahang. FACEBOOK

phone Monday morning.

"One final act of kindness," said Tremblay, 31.

"Whatever you needed, he was there. You didn't even have to ask for his help. He would just be willing to go the extra mile."

Lumahang leaves behind his wife, Eva, and Tremblay's

sister, Emily, and brother Jeremy. He came to Canada from the Philippines and worked in Ottawa as an office cleaner.

Tremblay cherishes the time when his stepbrother stepped in to be his sponsor at his church confirmation when the original sponsor couldn't make it. Relatives and members of the Filipino community visited Tremblay's parents' home to pay their respects on Sunday.

His family has set up a Facebook page for loved ones to share stories and photos of his stepbrother. Tremblay said his stepbrother did not have life insurance and relatives will

update the page over the coming days with information on how to make donations to help cover funeral costs.

JOE LOFARO/METRO

Help sought. Police interview 'important witness' in fatal stabbing

Ottawa police say they have located and interviewed an "important witness" in a fatal stabbing early Saturday morning.

The witness is not a suspect in the death of 21-year-old Jabeir Jemmie, nor are there any lead suspects so far, say police. Jemmie was stabbed to death near the intersection of Frank and Elgin streets at around 2:30 a.m. Saturday morning.

Police are urging anyone with information to contact the Major Crime section at 613-236-1222 ext 5493.

Members of the public can also report an anonymous tip to Crime Stoppers at 613-233-TIPS (8477).

LUCY SCHOLEY/METRO



Jabeir Jemmie. FACEBOOK

On the web

For more local news,
go to metronews.ca





Flowers and candles lie on a path at Fallowfield station near the site of a collision between an OC Transpo bus and a VIA Rail train that killed six people on Sept. 18, 2013. JOE LOFARO/METRO FILE

City ponders ways to mark a year since bus fatalities

Remembering Sept. 18, 2013. The 76 bus collided with a VIA Rail train near the Fallowfield station that morning, killing six

 **JOE LOFARO**
joe.lofaro@metronews.ca

The city is keeping commemorations of the one-year anniversary of the fatal OC Transpo collision informal instead of having a public memorial or ceremony in honour of the victims.

Over the past several months, Barrhaven Coun. Jan Harder and Mayor Jim Watson have been reaching out to the victims' families to seek their input on appropriate ways to remember their loved ones who died Sept. 18, 2013.

The 76 bus collided with a VIA Rail train near the Fallowfield station that morning, killing bus driver David Woodard, and passengers Michael Bleakney, Connor Boyd, Kyle Nash, Karen Krzyzewski and Rob More.

Harder said in an interview Monday she is in the early stages of leading a project to develop a permanent plaque or monument with input from

all six families, although it likely wouldn't be ready until possibly next spring.

On Sept. 17, councillors will observe a moment of silence at a transit commission meeting at city hall and on Sept. 18, flags at city facilities will fly at half-mast.

"This is a very deeply personal tragedy. The people who are on the bus, the people who lost loved ones ... are Barrhaven residents," said Harder. "So, they don't want more than that. It's not about us in any way; it's about those people and what their wishes are."

Some families could not agree on a few ideas that were floated around for the anniversary, according to a July 10 memo the mayor sent his city hall colleagues.

"I am sure that it was not easy for the families to consider these matters and I have told them how much I appreciate their input," wrote Watson.

One thing they all agreed upon was the termination of route 76, which will make its last trip on Friday. Harder said it was a "common request" in her discussions with the victims' families as well as passengers who survived the crash.

"I don't like to see the number," she said. "Without a question is it something that would just make the families sad."



NEVER MISS A **MOMENT**

ENJOY A SEAMLESS VIDEO EXPERIENCE THROUGHOUT YOUR HOME WITH OUR FASTEST, FARTHEST REACHING ADVANCED WI-FI MODEM



INCLUDES
**ADVANCED
WI-FI MODEM¹**

Rental for three years at no extra cost

When you have or switch to an eligible 3-Product Bundle

GET AN EXTRA
200GB
OF INTERNET DATA²

1 1888 ROGERS1
2 rogers.com/wifi
3 Visit your local Rogers retail store

LIVE LIKE NEVER BEFORE

 **ROGERS**™

Offer available for a limited time within Rogers cable service area (where technology permits) to new and existing customers in Ontario only and subject to change without notice. Taxes extra. An installation charge of \$49.99 and activation fee of \$14.95 also apply. 1 For 3 years. Regular then-current monthly rates will apply after promotional period ends and are subject to change. 2 For 3 years. Usage allowances apply on a monthly basis and vary by tier of service. Charges may apply for additional use beyond the monthly usage allowance associated with your tier of service. A DOCSIS 3.0 modem or higher (the Rogers Advanced Wi-Fi Modem or Wi-Fi Modem) is required to get the advertised speeds and usage allowances for the Hybrid Fibre 10, 30, 60, 150, 250 tiers. For details, visit rogers.com/web/link/modems. TMTORONTO BLUE JAYS, bird head design, uniforms, all related marks and designs and all photographs are trademarks and/or copyright of Rogers Blue Jays Baseball Partnership. Used under licence. TMRogers & Mobius Design, NextBox and Live Like Never Before are trademarks of Rogers Communications. © 2014 Rogers Communications.



**Winter will be miserable.
You don't have to be.**

Book your vacation early to lock in the lowest price.*



The WestJet Vacations Price Guarantee is back and like no other. Book your vacation package early and if the price drops after you book, we'll refund you the difference in WestJet dollars (excluding taxes and fees). The best part is you can take advantage of our Price Guarantee an unlimited number of times, with no refund maximum, up to 21 days prior to departure.

Limited time offer.
Book now at westjetvacations.com

WESTJET
vacations

*Offer valid on a minimum 3-night WestJet Vacations booking made between July 10, 2014 and September 30, 2014 (11:59 p.m. MT) inclusive, for travel from October 26, 2014 until April 25, 2015 inclusive. New bookings only. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower-priced WestJet Vacations package must be found by the guest. Reimbursement will be granted when the guest calls 1-877-737-7001 with their booking reference number to notify WestJet Vacations of the lower price while the price is available online, and the WestJet Vacations agent verifies the difference. Approved reimbursements will be issued in WestJet dollars for the value of the price difference on the base price of the package. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. Offer is available to WestJet Rewards members only. To join, visit westjet.com/rewards. Offer is subject to change without notice. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details, please visit westjetvacations.com. ©Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd. Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto ON L5P 1A2. TICO registration number: 50018683.



A new \$2.5-million, 10-unit affordable housing facility opened in Lowertown on Monday. Among those pictured is Ottawa Mayor Jim Watson (centre, with tie).

LUCY SCHOLEY/METRO

Affordable housing building opens doors in Lowertown

9,000-person waiting list. 'We know that there's a lot more work left to be done,' says Mayor Jim Watson



LUCY SCHOLEY

lucy.scholey@metronews.ca

A new 10-unit apartment in Lowertown is a "step towards" slicing the city's waiting list for affordable housing, says the

CEO of a community housing group.

Ottawa Community Housing gave an old, rundown duplex at 456 Old St. Patrick St. a \$2.5-million makeover with new windows, radiant flooring and LED and fluorescent lighting. Most of the centre's units, which opened on Monday, can house families.

There are four two-bedroom and five three-bedroom units. One other four-bedroom apartment is wheelchair-accessible.

But this housing project

cuts only a sliver into the city's 9,000-person waiting list.

"We've gone from, basically, two families to 10 families, but we know that there's a lot more work left to be done," said Ottawa Mayor Jim Watson.

Ottawa Community Housing Corporation CEO Stephane Giguere said it's a "step towards" improving the waiting list.

"This is the type of initiative ... that shows us that there's a promising future for affordable housing in Ottawa," he said.

Ottawa Community Hous-

10-year plan

This project is part of Ottawa's 10-year, \$14-billion plan to fight homelessness.

ing rents out 15,000 affordable units across the city to about 32,000 people. The average wait time is roughly five years.

The city contributed \$1.3 million of \$2.5 million to this Lowertown project, while the Ottawa Community Housing Corporation doled out the rest.

Grannies to GoGos. Quebec grandmas inspire nation with letters to South African women

A small group of Wakefield, Que., grandmothers sparked a national movement when they started writing letters to South African women 10 years ago.

The women of Wakefield Grannies were matched with a grandmother pen pal in the Township of Alexandra. Many of these GoGos, as the grandmothers are called, had been left to care for their AIDS-orphaned grandchildren, so the grannies wrote them letters of support, raised money and mailed supplies.

"When these women realized that their daughters were dying because of AIDS, they didn't understand it at all," said Wakefield Grannies pioneer Norma Geggie. "There was some stigma attached to it. They would almost try to hide them away. They thought that



The Wakefield Grannies started writing letters of support to South African grandmothers 10 years ago. CONTRIBUTED

perhaps they were to blame in some way."

Geggie, 89, a known mover-and-shaker in Wakefield, led the 10 women in the letter-writing and fundraising campaign a decade ago. The group has grown to more than 30 women and has inspired hundreds of grandmother groups across Canada, including 36 in the Ottawa region.

The Wakefield Grannies alone have raised more than \$150,000 towards their South African counterparts and mailed them supplies including warm winter clothes, school bags and cosmetics. They also launched a scholarship fund to help an Alexandra student attend university.

"Kids who had lost their parents and had no hope of a

future are getting their degrees and graduating, and that is because their grandmothers were supported and could hold it together," said Brenda Rooney, a Wakefield granny and documentary filmmaker.

In 2006, prominent AIDS activist Stephen Lewis took interest in the Wakefield Grannies. He started the Grandmother-to-Grandmother Campaign, which has grown to 250 groups in Canada and the U.S.

The Wakefield Grannies will celebrate its 10th anniversary on Aug. 31 at the Fairbairn House in Wakefield. It runs from noon until 4 p.m. and the lineup features the Mighty Popo's Senegalese drummer Elage M'Baye. Tickets range from \$5 for kids older than 12 years old to \$25 for families.

LUCY SCHOLEY/METRO

Police chiefs not yet asked to endorse public inquiry

Tina Fontaine's death. Murder and disappearance of aboriginal women on law enforcement's radar, says police-chief association head



Chief Const. Jim Chu, president of the Canadian Association Chiefs of Police. TORSTAR NEWS SERVICE FILE

The head of the Canadian Association of Chiefs of Police says the number of missing and murdered aboriginal women is "on the radar" of the country's law enforcement leaders.

But Chief Const. Jim Chu of the Vancouver Police Department, who is the association's outgoing president, avoided taking sides in what has become a politicized debate over the need for a public inquiry.

Hundreds of the nation's top officers gathered Monday for their annual general meeting in Victoria, where Chu said the association's policing with aboriginal people committee had already met for a couple of days to discuss the issue.

"They've had an extensive discussion on it," said Chu, referring to the committee.

"One thing that hasn't happened is the groups that are calling for the national inquiry

have not asked us to support their request.... The details on the nature of the request and the nature of the inquiry, we need to get them."

Chu said the association will reach out to the Native Women's Association of Canada and other groups to get those details.

"And then we'll come out with a position," said Chu.

The death of teenager Tina Fontaine in Winnipeg has renewed calls for an inquiry. The 15-year-old was found Aug. 17, wrapped in a bag and dumped in the Red River. She had been in Winnipeg less than a month when she ran away from foster care. TORSTAR NEWS SERVICE

London, Ont.

Declared dead in 1986, missing man alive in U.S.

A man missing for almost 40 years and declared dead by the courts has been confirmed alive by the OPP.

Police discovered that Ronald Stan, reported missing following a 1977 fire in a community outside London, Ont. — later declared dead in 1986 — is alive and resides in the U.S. as Jeff Walton. The investigation was reopened in July as part of a routine case audit.

The affected families have been notified and the case is considered closed. THE CANADIAN PRESS

Denver via Chicago

Passengers force flight diversion

Two United Airlines passengers entered a heated argument Sunday as one prevented the other from reclining in their seat.

A male passenger was using the Knee Defender, a gadget that attaches to a passenger's tray table, which kept the passenger in front of him from reclining.

The gadget is prohibited by United Airlines, but when the man refused to remove it, the female passenger in front of him turned and threw water in his face. The flight was rerouted to Chicago; both were left there while their flight continued on to Denver. THE ASSOCIATED PRESS

THE HOTTEST PHONES ARE NOW UNDER \$100.*



JUST IN TIME FOR BACK TO SCHOOL

Samsung Galaxy S5™

HTC One M8

Now

\$99⁹⁹

Now

\$99⁹⁹

Now

\$79⁹⁹

*ON A 2-YR. SHARE EVERYTHING™ PLAN

rogers.com/hotdevices

LIVE LIKE NEVER BEFORE™

ROGERS™

*Offer available for a limited time and subject to change without notice. With new activation on any 2-yr. Share Everything plan. Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and Additional Device Savings Recovery Fee. © 2014 Rogers Communications.



Prime Minister Stephen Harper stands on the bow of the HMCS Kingston as it sails in the Navy Board Inlet on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Harper joins search for a piece of Canadian history

Franklin expedition. PM, during his tour of the North, gets a look at the tools being used to solve the mystery of doomed 1845 voyage

The final resting place of the lost ships of the Franklin expedition may remain a mystery for at least another summer.

A thick pack of sea ice is blocking a key part of the search area, making it inaccessible to ships.

The two ships of Sir John Franklin's doomed 1845 expedition — HMS Erebus and HMS Terror — are believed to be somewhere in the Victoria Strait off the west coast of King William Island, perhaps as far down as the Queen Maud Gulf off the Adelaide Peninsula.

Ryan Harris, an underwater archeologist who is one of the people leading the Parks Canada search, says it's

only a matter of time before the remnants of the expedition are found.

Four vessels are leading the search this summer, and Prime Minister Stephen Harper, who is on his annual tour of the North, got a first-hand look at some of the tools being used.

He boarded a naval vessel at Pond Inlet that travelled west to Eclipse Sound. Upon arriving at a picturesque spot surrounded by ice-capped mountains, Harper and his wife, Laureen, got in a Zodiac and motored out to one of two gigantic icebergs towering in the water.

The prime minister then helped lower an autonomous underwater vehicle into the frigid water.

It was the closest Harper had ever been to an iceberg.

"I've never been that close to a big chunk of ice. It's huge," he said. "That was great. Really exciting."

Harper said the lost Franklin ships represent an iconic piece of Canadian history.



A local student takes a selfie with Prime Minister Stephen Harper as he arrives Monday in Pond Inlet, Nunavut. ADRIAN WYLD/THE CANADIAN PRESS

Quoted

"One day we're just going to come around the bend and there's going to be the ship and Franklin's skeleton slumped over the helm and we're going to find it."

Prime Minister Stephen Harper, expressing confidence that the vessels would soon be found

"It ultimately isn't just a story of discovery and mystery and all those things — but it's also really laying the basis for what's in the longer-term Canadian sovereignty," he said.

"Because it's a mystery, and we've got to solve it."

THE CANADIAN PRESS

'Stalk' your TA article called a 'how-to' for sexual harassment

A suggestion that students "stalk" teaching assistants to get a date with them has landed Western University's student newspaper in hot water.

The editor-in-chief of the Western Gazette in London, Ont., is standing by his fresh week issue and refusing to apologize, despite an explosion of anger on social media.

Under the heading "do your research," the Gazette article says: "Facebook stalk and get to know your TA."

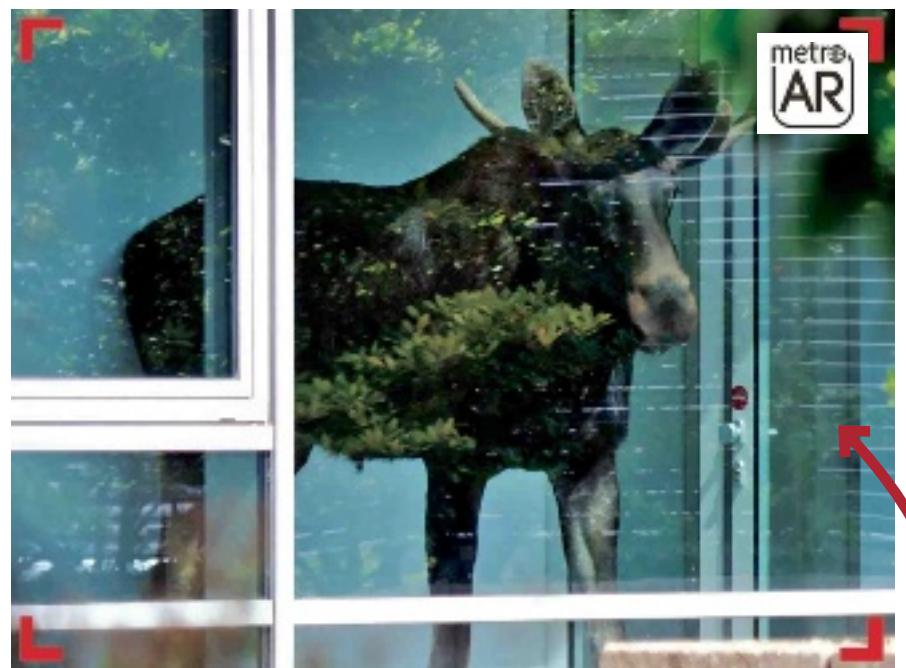
Editor-in-chief Iain Boekhoff insists the article isn't sexist and is part of a humorous section of the paper, but others are offended by the piece, and continue to demand an apology.

London marketing profes-

sional and cartoonist Diana Tamblyn said she was "appalled."

"If you're talking about sexual harassment on campus as a how-to list, this is a real problem that exists every day," said Tamblyn, who wants the article disposed of, and an official retraction issued.

MIKE DONACHIE/METRO IN LONDON, ONT.



Tranquillizer put to use to catch loose moose

A young moose stands behind a window in an administration building of Siemens in Dresden, Germany, on Monday. The moose evaded capture before getting stuck inside an office building, tantalizingly close to the canteen. A spokesman for the Dresden police said the young bull walked into the building housing German industrial giant Siemens shortly before lunch. Marko Laske said officers and wildlife officials spent six hours trying to shoo the moose into a container, but eventually had to resort to using a tranquilizer gun after he refused to follow orders. The animal, likely to have come from neighbouring Poland, will be released back into the wild. Scan the photo with your Metro News app to see a video of the stuck moose. ARNO BURGI/DPA/THE ASSOCIATED PRESS

PERSONAL SUPPORT WORKER



Program Objective

This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities

Graduates will find employment within:

- Long-Term Care Facilities • Group Homes
- Hospitals • Retirement Homes/Residences
- Agencies providing Homecare Service



CALL TODAY!

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

Poll. Students need to get an education on actual costs of a post-secondary education

Post-secondary students grossly underestimate the cost of school, not to mention how much support they'll need from their parents, a new survey shows.

The online poll, conducted in July for CIBC, found that 67 per cent of parents were willing to pay for two-thirds of their children's post-secondary education while, on average, their kids believed their parents were footing only a third of the bill.

But in a twist — 41 per cent of students surveyed still thought their parents were paying too much. Those respondents said parents should only be covering a quarter of the cost or less.

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

Hacker group

Sony's PlayStation network hacked

Hackers infiltrated Sony's PlayStation Network and disrupted the travel plans of a top company executive by going on Twitter to suggest that there was a bomb on his American Airlines plane.

Sony Corp. says American cut short the executive's flight on Sunday and made an unplanned landing in Phoenix.

THE ASSOCIATED PRESS

Whaaat?!!

\$64,300

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

"Part of the disconnect between parents and their children is likely that students aren't accounting for all of the costs beyond tuition," said the head of CIBC's online brokerage.

Millennials aren't fully cognizant of the true cost of a degree or diploma, she said.

"The conversation between parents and students about the full costs of education, and how to pay for it, needs to start long before the first tuition payment is due." THE CANADIAN PRESS

Market Minute



DOLLAR

91.07¢ (-0.30¢)



TSX

15,598.74 (+63.19)



OIL

\$93.35 US (-\$0.30)



GOLD

\$1,278.90 US (-\$1.30)

Natural gas: \$3.94 US (+\$0.07)
Dow Jones: 17,076.87 (+75.65)

Tim Hortons. News of a possible merger with Burger King has perked up rumours of plans for further expansion

Shares in Burger King and Tim Hortons have jumped dramatically on news the two fast-food companies are talking about joining forces, a move that could help the iconic coffee and doughnut chain improve its chances of expanding successfully in the U.S.

It's not known what such a deal would be worth, but both stocks surged with U.S.-based Burger King up 16.16 per cent to \$31.40 US on the New York Stock Exchange. Shares in Tim Hortons jumped 19.66 per cent to \$82.30 on the Toronto stock market, up \$13.52.

Both companies have confirmed they are talking and have said Oakville, Ont.-based Tim Hortons and Miami-based Burger King would operate as stand-alone brands.

Colin Cieszynski, a market analyst at CMC Markets Canada, said the stock reaction suggests the street thinks the combination would be a good idea, noting a proposed deal "usually has to be pretty compelling for both stocks to go up."

Brewing up big biz

- **Burger King.**

Established in 1954. Headquarters are currently in Miami, with a market capitalization of \$11.03 billion US, according to FactSet. It has more than 13,000 restaurants in 98 countries and territories globally.

- **Tim Hortons.**

Established in 1964. Headquarters are currently in Oakville, Ont., with a market capitalization of \$10.96 billion US, according to FactSet. It has more than 4,500 restaurants in Canada, the U.S. and the Persian Gulf area.

What people are speculating on are two things: One, how much of a premium will Burger King be willing to pay?, and the second thing is, could there be other bidders out there?" he said.

Despite the sense of patriotism many Canadians may feel while drinking Tim Hortons coffee, the company has been owned by a large U.S. chain before. It was spun off from Wendy's only in 2006, and became a publicly listed company.

But while Tim Hortons dominates the Canadian coffee market, it has struggled to find success in the U.S., and has faced competition at home in recent years from Starbucks Corp. and McDonald's Corp.

When Tim Hor-

such as a crispy chicken sandwich and side dishes to boost breakfast and lunch sales.

Joining forces with a partner such as Burger King is likely to create a low-cost structure as it expands into the U.S., delivering a better return to franchisees and making it a more attractive option.

In a note to clients Monday, Desjardins Securities analyst Keith Howlett called the possible merger a surprise, noting that "a key driver would be to use Burger King's presence in 98 countries to accelerate Tim Hortons' expansion in international markets."

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



Left: Getty Images; Right: The Associated Press file

Pg. 293
impresses
your mother-
in-law.

The Most
Helpful Book
in the World
is here.



ARE THEY SINGLE? MAYBE, UM, ASK

If you're scrolling and swiping through an online dating site or app it's easy to assume that the men and women on screen are in fact available (or at least they're pretending to be) but what happens when you lock eyes with an attractive stranger in real life?

Married couples wear rings as a sign of commitment and to show the world that they're off the market, but there isn't really a universal indicator for available men and women to use to advertise that they're single and ready to mingle.

Back in 2013, Rina Mardahl and Rob Young launched MY Single Band in an attempt to create a wedding ring equivalent for singletons. The colourful silicone wristbands were designed to help men and women indicate their relationship status and attract potential mates. In a press release, Mardahl and Young claimed the bands — priced at around \$10 a pop — were "the future of dating" and



SHE SAYS
Jessica Napier
metronews.ca

would "increase new encounters, lower the fear of first introductions, and suit busy modern lifestyles."

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists. One year later, the mysingleworld.com website is offline and I think it's safe to say that the not-so-subtle wristbands didn't exactly revolutionize the dating landscape in the way the creators had hoped.

Perhaps MY Single Band didn't take off because the product looked so similar to the ubiquitous Livestrong bracelets and other charitable accessories. Or perhaps it was because most people don't want to appear desperate by wearing a brightly coloured rubber wristband that screams "I'm Single!"

Even online, a large percentage of Facebook users choose not to indicate whether they are "Single" or "In a Relation-

Who knew rubber bracelets wouldn't be cool forever?

Unfortunately, It seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists.

ship" out of privacy concerns. Personally I've never been one for public declarations of romantic availability; I just can't imagine going through a painful real life breakup and then having to log in to my Facebook account to revise my relationship status for my entire extended social circle to see.

Ultimately the easiest way to determine if someone is available is to simply strike up a conversation. It's a daunting task to enquire after a stranger's romantic life, but you'll never know unless you try. And even if the object of your affection turns you down, getting rejected momentarily is certainly less embarrassing than wearing an obnoxious bracelet around 24-7 to broadcast your singleness.

One in two million



A rare blue lobster is being donated to the Maine State Aquarium. MEGHAN LAPLANTE/THE ASSOCIATED PRESS

Skyler the lobster avoids death by seafood-lover's special due to rare blue colouring

A lobsterman says one of his traps caught a one-in-two-million crustacean: A blue lobster.

WCSH-TV reports Jay LaPlante of the Miss Meghan Lobster Catch company caught the curious creature in Scarborough,

Maine over the weekend. LaPlante and daughter Meghan were hauling traps when she discovered the bright blue critter.

The story has a happy ending for the lobster. Meghan says she is naming it Skyler and donating it to the Maine State Aquarium, far from any dinner rolls or pats of butter.

The aquarium says it has three other blue lobsters and an orange one.

LaPlante says it's the first time he has caught a blue lobster.

THE ASSOCIATED PRESS

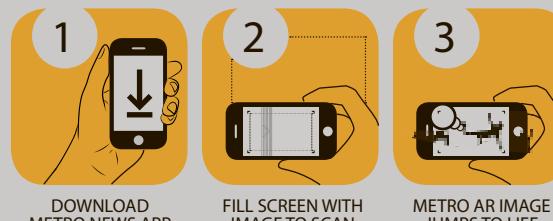
More special than Skyler:

According to Wikipedia, lobsters change in colour because of a rare genetic mutation.

- Even rarer is the yellow lobster, the mottled black and orange lobster, the hermaphrodite chimera lobster and the rarest of the rare crustaceans — a colouring found only once in every 100 million lobsters — the albino lobster.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



In this issue, you can find AR enhancements on page 6 in News, page 9 in Scene and page 14 in Sports

MetroTube

Da na na na na na na na ...



ANDREW FIFIELD
andrew.fifield@metronews.ca

Sometimes it feels like we'll never crest Peak Batman — that we're stuck with "not the __ we need, but the __ we deserve" forever. And so on. "Why so serious?" you may ask, which is fair enough. But maybe it's time we moved on, and found a new totem to bounce our darker pop culture reference off. Because — wait — pardon me? Somebody was driving what while wearing a cape? OK, fine. The Batman obsession can stay. (YouTube/Tony Cheng)



WARNER BROS

Breaking Bad and Modern Family get Emmy's love

Emmy Awards.

Networks dominate top awards for shows and actors, as tribute to Williams and Weird Al parody draw raves

Modern Family won a record-tying fifth best comedy series Emmy Award and a dominant Breaking Bad captured the top drama award and a trio of acting honours in Monday's ceremony, which took a sombre turn as Robin Williams was remembered with restraint and grace by his longtime friend, Billy Crystal.

"He made us laugh. Hard. Every time you saw him," Crystal said of Williams at the conclusion of a tribute to industry members who died last year. "Robin Williams, what a concept."

Bryan Cranston was honoured as best actor in a drama for Breaking Bad, proving that True Detective nominee Matthew McConaughey's movie-star appeal couldn't conquer all.

"I have gratitude for everything that has happened," Cranston said. His victory ties him with four-time best drama actor champ Dennis Franz. Cranston's co-stars Aaron Paula and Anna Gunn were honoured in categories for best drama supporting acting.

"Thank you for this wonderful farewell to our show," creator Vince Gilligan said of the series about a teacher-turned-drug kingpin that ended with a bang.

The Good Wife star Julianna Margulies won the Emmy for best lead actress in a drama series. "What a wonderful time for women on television," Margulies said.

McConaughey was the object of too-handsome jokes by presenter Jimmy Kimmel and adoration by winner Gail Mancuso, honoured as best director for an episode of Modern Family.

"If you don't mind, Matthew McConaughey, I'm gonna make eye contact with you right now," she said from the stage, making good by holding the actor's gaze for much of her speech.

The ceremony honouring



the best of TV wasn't shy about playing the movie-star card. "Six minutes to Woody Harrelson" flashed on screen during Colin Hanks' acceptance speech for best miniseries direction for Fargo.

Harrelson and his True Detective co-star were given time to banter before announcing that Benedict Cumberbatch of Sherlock: His Last Vow was the winner of the best miniseries actor award.

"So you won Oscar, (People magazine's) Sexiest Man Alive and now you want an Emmy, too. Isn't that a little bit greedy?" Harrelson teased his fellow nominee.

Fargo was named best

miniseries, and the award for best miniseries actress went to Jessica Lange of American Horror Story: Coven.

Buffering the miniseries awards was a parody routine about top nominees by Weird Al Yankovic. Musical numbers usually look out of place at the Emmys, and this one was no different. Other scripted banter fell flat, although host Seth Meyers kept soldiering on.

CBS' The Big Bang Theory star Jim Parsons was crowned as best comedy series actor, giving him his fourth Emmy and putting him in league with all-time sitcom winners Kelsey Grammer and Michael J. Fox.

ABC's Modern Family,

which tied Frasier as the all-time sitcom champ with five statuettes, also captured a best comedy supporting actor trophy for Ty Burrell.

Allison Janney was honoured as best supporting comedy actress for CBS' Mom, adding to the trophy she'd already picked up as guest actress on Masters of Sex.

Julia Louis-Dreyfus, who received her third consecutive best comedy actress Emmy for the political comedy Veep, drew big laughs as she stopped to exchange faux heated kisses with Cranston, who earlier was her co-presenter and who appeared with her on Seinfeld.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Think their costumes are over the top? Scan this code with your Metro News app to see some of the looks that graced the Emmy Awards' red carpet this year!



→ See the full instructions on Metro's Voices page.

On top of TV

Here are the key winners. For full list, go to metro.ca.

- Drama Series. Breaking Bad, AMC
- Actor, Drama. Bryan Cranston, Breaking Bad
- Actress, Drama. Julianna Margulies, Good Wife
- Supporting Actor, Drama. Aaron Paul, Breaking Bad
- Supporting Actress, Drama. Anna Gunn, Breaking Bad
- Comedy Series. Modern Family, ABC
- Actor, Comedy. Jim Parsons, Big Bang Theory
- Actress, Comedy. Julia Louis-Dreyfus, Veep, HBO
- Supporting Actor, Comedy. Ty Burrell, Modern Family
- Supporting Actress, Comedy. Allison Janney, Mom

Milestone moments

- Jim Parsons of The Big Bang Theory. Best comedy actor for a fourth time, tying him with Kelsey Grammer and Michael J. Fox.
- Bryan Cranston, Breaking Bad. Best drama actor for the fourth time, tying him with drama champ Dennis Franz.

2 SCENES



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Lohan's party spree goes to hell in an unfilmed bucket challenge

Recent reports suggested that Lindsay Lohan had been reaching out to her sober friends, but maybe it was just to taunt them. The on-again, off-again party girl has been on a spree, apparently, hitting four nightclubs in two different countries in one week, according to Radar Online. Lohan started her week enjoying herself at London's swanky Chiltern Firehouse until 3 a.m. and was all smiles when she snuck out the kitchen door.

Chris's split with old gang ends with a bang bang

So what was behind the nightclub shooting this weekend that put a damper on some pre-VMAs festivities? As one source who's a big fan of understatement puts it, things went south "when a group of men tried to murder Chris Brown." Hate when that happens. According to MediaTakeOut.com, the impetus for the shooting was Brown's recent attempts to change his social scene post-rehab. "Chris used to run with a bunch of gang bangers who were really scary. When

But then she headed to New York, where her revelry didn't go as well. On the first night, she hit up club Up & Down, where she reportedly tried to do an ALS Ice Bucket Challenge video — except no one was filming it. Then at two separate nightclubs, Lohan pitched a fit when she couldn't get the table she wanted, according to sources. Looks like she was onto something with her whole "I want to move to England permanently" thing.



he got out (of rehab), he cut them all off," a source tells the website. "I guess they're upset about that."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Oops! Katy did it again—and Britney loved it


NED EHRBAR
Metro in Hollywood

Some things never change, like Britney Spears' ridiculous fashion sense. What seemed like a terrible idea 13 years ago — matching all-denim ensembles — is still

a terrible idea, as Katy Perry proved at the VMAs, teaming up with rapper Riff Raff to don a dress and suit made from poor, mistreated blue jeans in homage to Spears and then-boyfriend Justin Timberlake's infamous red carpet look from the VMAs in 2001. So what did Spears think of the tribute? You might be shocked to learn that she's totally into it. "Just when I thought the denim dress had retired....you bring it back! You looked amazing," Spears tweeted at Perry.



Taylor Swift

Lena helps gal-pal Taylor get Swift about what it means to be a feminist

It's a regular old gal-pal lovefest between Taylor Swift and Girls creator Lena Dunham, who just can't say enough nice things about each other. Swift insists that her evolving views on feminism are all thanks to her friendship with Dunham. "As a teenager, I didn't understand that saying you're a feminist is just saying that you hope women and men will have equal rights and equal op-

portunities. What it seemed to me, the way it was phrased in culture, society, was that you hate men," Swift tells the Guardian. "Becoming friends with Lena — without her preaching to me, but just seeing why she believes what she believes, why she says what she says, why she stands for what she stands for — has made me realize that I've been taking a feminist stance without actually saying so."

Twitter



@KChenoweth

I've learned about hair loss, catheter placement, and meds that cause teenage boys to grow boobs. No more tv in the middle of the night.



@ZacharyQuinto

my simultaneous infatuations with ann dowd and beyoncé are somewhat perplexing and yet all the more inspiring for their incongruousness.



@katyperry

OMG BLUE IVY JUST PERSONALLY WAVED AT ME. MY LIFE IS OVER.

Pg. 239 beats a movie night out.

The Most Helpful Book in the World is here.



The roots of bad hair days

Emotional well-being.

Are we being shallow when our mane affects our mood, or is the feeling more complex?

IZABELA SZYDLO
life@metronews.ca

You can curl it or straighten it, gel it or leave it loose, cut it short or let it grow — all depending on your mood.

Hair is a huge part of our identity, so it is no surprise that a bad hair day can leave us feeling pretty low.

"Understand that this isn't superficial," says Dr. Vivian Diller, a clinical psychologist in New York. "I always remind people that we are raised to associate a head of hair with health, and lack of hair with illness. So, bad hair days actually do make us feel bad."

"Bad" may be an understatement. A Yale University study of men and women ages 17 to 30 concluded that even the thought of a bad hair day made both genders believe they weren't as smart as others.

Socially, men said they felt more nervous and less self-confident, while women reported feeling embarrassed, ashamed and self-conscious when experiencing bad hair days.

Diller attributes these differences to gender identity.

"The commonality of having a bad hair day is people feel out of control," she says.

"Men have a bit more comfort with bad hair days because their identity is more rooted in power. Women's identity, while they have worked very hard to combat it, still goes back to their appearance. That's probably hard-wired because of the role that we played in the sur-



Did you know that gender roles play into how women and men feel during bad hair days? iSTOCK

vival of the species. Women's role was to attract a mate and procreate. Men's role was to take care of everybody."

And while Diller says the old adage "what's on the inside counts" is true, so is another saying: "When you look good you feel good, but when you feel good you also look better," she says. "There is definitely a feedback loop."

Does that mean we have become a more narcissistic society? Diller doesn't think so. Instead, she says what has changed is our accessibility to images of "perfection," which plays into our mental crises

when our hair refuses to be tamed.

"Hair has always been important," she says, referencing historical figures like Cleopatra with her jet-black tresses and Samson, whose strength was dependant on his locks.

"But the fact that we have social media and imagery that can be altered by the everyday person has put a kind of pressure on looking perfect. If a bad hair day feels like it is going to ruin your whole day or self-esteem, then you are falling victim to this idea that to feel good, we have to be flawless."

Tara Gosling, Toronto-based

stylist at Small Talk Barber Shop and Salon, and Jezreel Batson, a barber who owns JB Barber Design in Scarborough, Ont. regularly deal with clients singing the hair day blues.

Gosling says it's vital to remember that a bad hair day is exactly that. "You have to remind yourself that what you're feeling is in your head, and it's temporary," she says. "All it takes is one person to change it with a compliment because what you feel doesn't always reflect what you look like."

Batson, meanwhile, recommends recognizing that while hair is an important part of

Tame your mane

Gosling and Batson share their tips to minimize bad hair days.

- **The cut.** "Your hair will change day to day, depending on heat, humidity and the type of shampoo and products you use. But having a haircut that actually suits your lifestyle is key," says Gosling.
- **Consistency.** "Find some sense of consistency with what you feel comfortable with in terms of your style," says Batson. "Every once in a while it's good to be edgy or trendy, but ... usually bad hair days have to do with something that's gone astray from the norm."
- **Focus on other features.** "Putting your hair up shows more of your face, so you can highlight that," says Gosling.
- **Products.** "Products are important because they play a role in terms of hair health," explains Batson. "It's important that you know what ingredients you're putting in."

3



who you are, it isn't your entire identity. "Having the ability to utilize hair as a component of self-expression adds to a person's holistic well-being," says Batson. "However, being in an industry of trends, I know expression is based on what someone is feeling at the moment, not who the person truly is. Because it can be so easily altered, expression through hair is fleeting — just like a bad hair day."

**TRAIN FOR A CAREER AS A
MEDICAL OFFICE ASSISTANT**

Your Success Starts Right Now!

Classes starting soon! **Contact us today
613-722-7811**

ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station

www.algonquinacademy.com

 CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE



613-230-7475
2nd Level
Rideau Centre

STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at www.rideaudental.ca
This week:
What Is a Dental Implant?



Imitation is the sincerest form of flattery – and it tastes good, too

Health Solutions

Vegan is not synonymous with bland or boring



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

Talk to Michael Abramson, owner and operator of Yamchops, Toronto's first vegan butcher shop, and he will tell you that he doesn't feel like a weirdo anymore.

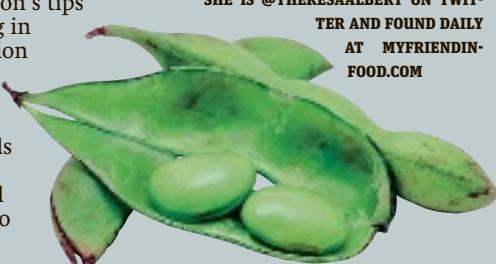
While only "six per cent of Canadians call vegetarianism their way of life, 35 per cent of us incorporate meatless meals three days per week or more," he says.

It is a growth market with famous vegans like Bill Clinton, Ellen DeGeneres, Paul McCartney and Gwyneth Paltrow lending their voices to the movement.

Needless to say, moving in the direction of plant-based eating is well known, well supported and now, well, delicious.

Abramson's tips for moving in this direction include:

- Make vegan foods familiar in mouth feel and taste to traditional



foods.

- Focus on flavour and intensity; bland is brutal in any cuisine.
- Look for the fourth generation of soy: HME (High Moisture Extrusion), which is a soy and pea protein product ready to address any taste.
- Think about cold-press juicing. Cold pressing preserves all of the enzymes and nutrient as no heat, pasteurization or friction interferes with the living tonic.

If you are new to plant-based dining, Abramson suggests that you experiment and explore.

Check out ethnic markets for new greens and beans and seek inspiration at places like Yamchops and liven up your regular meals with it.

You can benefit from the experience of those who have come before you.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Tuna-less Tuna Sandwich. If you're looking to explore vegan dishes, this is a great starting point

TERESA ALBERT
myfriendinfood.com

This high-nutrient, high-protein mixture tastes almost like tuna salad.

It is a great make-ahead item that can be added to sandwiches or salads for a

complete meal.

It is also a great way to start working more plant based food into your day.

1. Soak chickpeas overnight (approximately two cups if soaking) or use

canned. If using dry, drain and cook in lightly boiling water until tender.

2. Mash chickpeas with a potato masher to break them up to "tuna" size pieces.

3. Add onion, celery, pickles and capers and mix well. Add nori, salt and pepper, vegannaise and mix.

4. Store in fridge up to 3 days. Use as sandwich filling or salad toppings.

RECIPE COURTESY OF YAMCHOPS VEGAN BUTCHER (YAMCHOPS.COM).

FLASH FOOD

From your fridge to your table in 30 minutes or less



This recipe serves four. THERESA ALBERT

Ingredients

- 3 cups cooked chickpeas (or canned)
- 2 tbsp finely diced red onion
- 1/2 cup finely diced celery
- 1/4 cup chopped pickles
- 1/4 cup rinsed capers
- 2 tbsp nori flakes
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup vegannaise or mayonnaise

Real deal: Fish BLT Pita

1. Heat oven to 350 F. Line baking sheet with parchment.

2. In skillet over medium, cook bacon until crisp, then transfer to paper towels to drain.

3. In bowl stir basil, mayo and lemon juice. Set aside.

4. Season fish with salt and pepper. On sheet parchment, combine flour with paprika. On a second sheet of parchment, spread panko. In a shallow dish, lightly beat egg whites.

Coat fish first in flour mixture, then dip it in egg whites, letting excess drip off, then dredge in panko, coating well.

5. In nonstick skillet over medium-high, heat 1 1/2 tablespoons of oil. Add fish and cook until lightly browned on bottom, 2 minutes. Turn fish, add remaining oil and cook until golden on the second side, about another 2 minutes.

6. Transfer fillets to one end of the prepared baking sheet.

Wrap pita rounds in foil and place at the other end of baking sheet. Bake 5 minutes, or until the fish is just cooked through.

7. To serve, spread some basil mayo on the cut sides of pita rounds. Top 4 of the rounds with piece of bacon, broken in half, a piece of fish, followed by some sliced tomatoes, a piece of lettuce and second pita round, mayo side down. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 4 slices bacon
- 1/2 cup basil leaves, finely chopped
- 1/2 cup light mayonnaise
- 4 tsp lemon juice
- 4 small tilapia fillets
- Salt and ground black pepper
- 2 tbsp all-purpose flour
- 1 1/2 tsp smoked paprika
- 3/4 cup panko bread crumbs
- 2 large egg whites
- 2 1/2 tbsp extra-virgin olive oil
- 4 small whole wheat pita pockets, halved to form 8 rounds
- 1 tomato, sliced 1/3 inch thick
- 2 large romaine lettuce leaves, halved crosswise

Do something you're passionate about

School can help you reach your second career

Is it possible to switch careers from performing audits and preparing financial statements to de-boning a chicken, creating the perfect meringue, and chopping vegetables into uniform-sized pieces?

That's the plan, says Celia Clutton, 28, of Mississauga, Ont., who enrolled in Le Cordon Bleu Culinary Arts Institute in Ottawa last June.

Clutton's post secondary education started at York University in Toronto several years ago. She studied accounting and then earned her chartered accountant designation from the Canadian Institute of Chartered Accountants. But after working for a few years, Clutton realized it wasn't what she wanted to do long-term.

Now she's working towards Grand Diplôme® at Le Cordon Bleu Ottawa — and setting her sights on a career in the food business. Her goal is to work for a catering company or large hotel and eventually start her own catering company — where she will combine her cooking and finance skills.

LE CORDON BLEU: AT YOUR SERVICE

Le Cordon Bleu is a famous culinary arts school that was founded in Paris in 1895. Today, it is an international network of culinary arts and hospitality institutes. At the Ottawa campus, students may obtain the internationally recognized Grand Diplôme® in less than a year. For more information, visit lcbottawa.com.

"I love French cuisine, and I thought it would be the best foundation for me in terms of starting a career."

One of the reasons Clutton enjoys the classes is they're small, and there's a lot of one-on-one time with the chef instructors.

"I had some 're-learning' to do ... I learned how to cut an onion properly and how to dice faster."

"In the pastry class, they teach you how to



Celia Clutton. CONTRIBUTED

make everything from pies to cakes without relying on thermometers or mixers. Everything's by hand in the first level, and I think that's the best way to go."

Clutton's love of food and cooking came early. At age nine she watched the Food Network after school, often asking her mom to

pick up groceries on her way home from work and then cooking the family a meal.

"I believe if you do something you're passionate about it's never going to be a job. You'll always wake up wanting to go to work and looking forward to the next day, and that's how I feel."

Take

...make.

Turn your passion for food into a career.

Diplôme de Cuisine • Diplôme de Pâtisserie (Pastry) • Grand Diplôme • Boulangerie (Bakery) Certificate

453 Laurier Ave East
Ottawa, ON, K1N 6R4
613-236-CHEF (2433)
1-888-289-6302

lcbottawa.com

lcbottawa @cordonbleuott

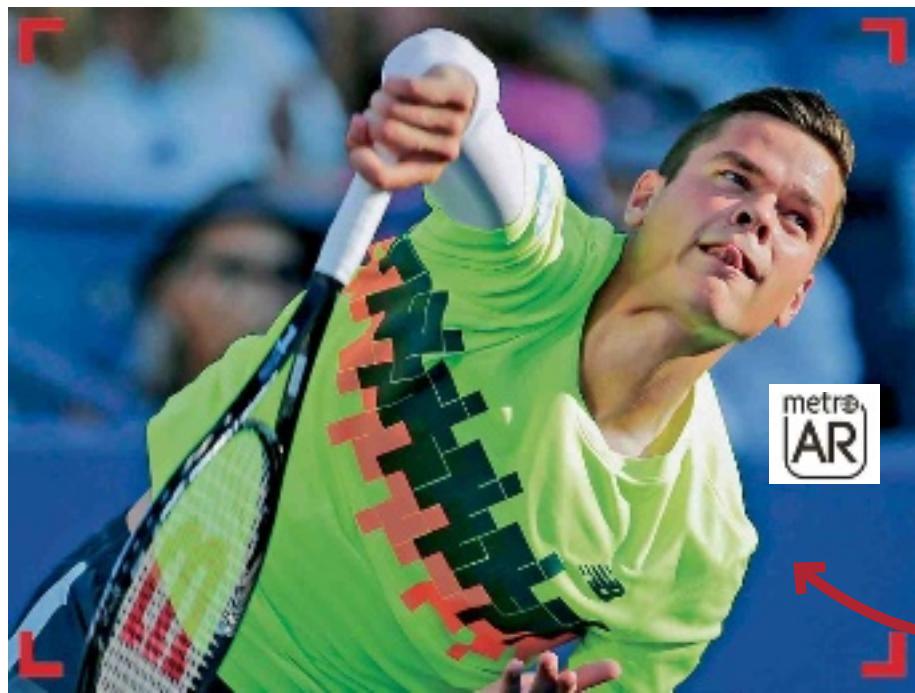


LE CORDON BLEU®
OTTAWA

4 SPORTS

14

SPORTS

metronews.ca
Tuesday, August 26, 2014

U.S. Open for business

Canada's Milos Raonic serves to Taro Daniel, of Japan, during the opening round of the U.S. Open tennis tournament on Monday in New York City. Raonic beat Daniel 6-3, 6-2, 7-6.

Sharon Fichman of Toronto and Aleksandra Wozniak of Blainville, Que., were eliminated just an hour into Monday's first-round action at the last Grand Slam of the year.

In the men's draw, 46th-ranked Vasek Pospisil of Vancouver lost to clay-court specialist Simone Bolelli 2-6, 6-4, 6-2, 3-6, 6-3. Use your Metro News app to scan Raonic's photo and see an image gallery of the day's action in New York.

DARRON CUMMINGS/THE ASSOCIATED PRESS

EPL Liverpool signs Super Mario

Liverpool signed Italy striker Mario Balotelli from AC Milan on Monday, taking a calculated gamble on a headline-grabbing player known as much for his controversies as his goals.

Nineteen months after ending a 2-1/2-year spell with Manchester City to play for his boyhood club, Balotelli will return to the English Premier League as a replacement for Luis Suarez. THE ASSOCIATED PRESS



Mario Balotelli GETTY IMAGES

September 1st

Pope backs match for peace

Pope Francis is backing an interreligious soccer match aimed at promoting peace and raising money for at-risk kids.

Former Argentina great Javier Zanetti said the idea for the Sept. 1 match in Rome arose during an audience he had with Francis last year.

Argentina coach Gerardo Martino and Arsenal manager Arsene Wenger will put together teams featuring Muslim, Christian, Jewish, Hindu and Buddhist players. Among those who have signed up: Lionel Messi, Filippo Inzaghi, Samuel Eto'o.

THE ASSOCIATED PRESS

Teenage stars take over women's golf

Early bloom. Why girls as young as 15 turn into golf superstars and boys not so much

the 16-year-old from Smiths Falls, Ont., who recently finished second at the U.S. Amateur Championship.

Explaining why women find the spotlight in golf so much younger than men has a lot to do with body mechanics and a little to do with advances in teaching and technology that have been refined over time.

"The simple fact is that girls develop earlier than boys," Golf Canada's women's amateur coach Tristan Mullally said. "They reach their peak height faster, they develop in terms of their end body type faster.

"By the time they're 15, 16,

17, they're not going to change as much as a boy will."

Mullally added that a lot of teenage boys can't keep up with full-grown men on the PGA Tour because it's hard to drive the ball 300-plus yards consistently. Canadians Mike Weir, Graham DeLaet and David Hearn are in the majority of men who have taken longer to find their games.

Weir won the 2003 Masters at 32, while the 32-year-old DeLaet is only now enjoying his prime. Hearn took until just before his 34th birthday before he made the cut at a major tournament.

But the physics of women

developing earlier than men is no new phenomenon. What's different is how girls with any golfing potential get extra attention to help refine those skills.

"They're more prepared to play professional golf than I was when I came out," said 36-year-old Cristie Kerr, who has two majors among her 16 career LPGA Tour victories.

"I just had my dad. They have their swing coaches, their mental coaches, their trainers, everything. They have sponsorships when they come out and we didn't. It's a lot different world for them."

THE CANADIAN PRESS

**WITH THE METRO NEWS APP 2.0,
THE NEWS OFTEN SPEAKS FOR ITSELF.**

So do movie features,
sports highlights,
celebrity gossip...



Download the Metro News App today at metronews.ca/mobile

metro



ARCHANGEL
PSYCHIC SPIRITUALIST

REAL TESTIMONIAL

My daughter Raquel was lost in drugs, she was involved with bad influences. I saw my daughter lost, in a deep hole. She would go out with guys just to get free weed. I was so desperate, I came to see ARCHANGEL and I'm so happy I did because my daughter is now studying and she is willing to continue on the right track.

NO MARGIN OF ERROR
RESULTS GUARANTEED

- I know how to resolve the difficult and impossible
- Return your beloved, no matter the distance or circumstance
- I treat any type of sickness or negative influence
- Through the angels, archangels and cherubs, I purify homes and businesses of any evil
- I reveal your enemies to you

CALL NOW
TOLL FREE
1 888 558 5059 / 613 518 1725

OTTAWA

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton



Aries

March 21 - April 20

You would be the first to admit there have been times when you worked far too hard. Now your priority must be to respect your limits.



Taurus

April 21 - May 21

You were born with some remarkable talents but have you been making the most of them? You could have done more but you will always get another chance.



Gemini

May 22 - June 21

Don't keep your feelings bottled up inside you. Let them out so they can be dealt with.



Cancer

June 22 - July 23

Activity in the communications area of your chart will make it easy for you to find the right words — but will you use them the right way?



Leo

July 24 - Aug. 23

You need to cut through the fog of misinformation and get to the root of whatever problem it is that is bothering you. Most likely you will find it is no problem at all.



Virgo

Aug. 24 - Sept. 23

The Sun and Mercury in your sign will concentrate your mind and help you focus on what is truly important. But attitude is important too.



Libra

Sept. 24 - Oct. 23

You need to make a decision of some kind and it is the kind of decision you have to reach on your own. Not everyone will approve but that's irrelevant.



Scorpio

Oct. 24 - Nov. 22

Try to find common ground with a group of people you have not always seen eye-to-eye with in the past. You actually share many things in common.



Sagittarius

Nov. 23 - Dec. 21

The Sun in the career area of your chart will boost your professional standing in some way over the next few weeks. If a new job offer comes along you must give it consideration.



Capricorn

Dec. 22 - Jan. 20

Do you have the courage to take a different course between now and the end of the year? According to the planets there will be rewards aplenty if you do.



Aquarius

Jan. 21 - Feb. 19

Cosmic activity in the area of your chart that governs joint financial matters indicates that you could be on the receiving end of a windfall over the next few days.



Pisces

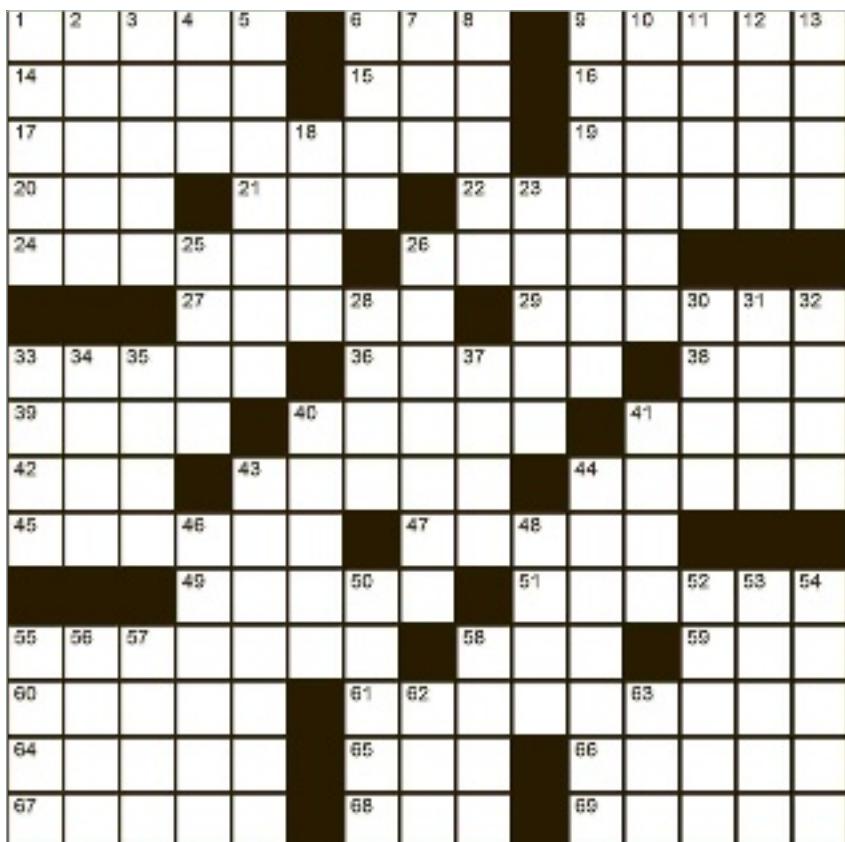
Feb. 20 - March 20

Let family and friends know how much you care for them. You will find it easy to say the things that bring smiles to their faces.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

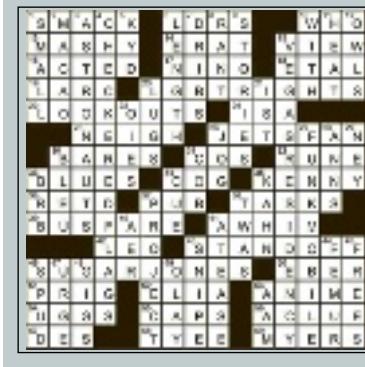
- Sheathes, as with metal
- Floor cleaner
- "Hart of Dixie" American cable channel, ___
- R.R. = ___ Route
- ___ vapour (Steamed, restaurant-style)
- /Grindstone Provincial Park, in Manitoba
- ALS ___ Challenge
- Entree enjoyer
- Victorian ___
- Muck
- Cafe's cousin
- Vancouver: Emily Carr University of Art + ___
- Lively rhythms
- Movie dog
- Mount ___ (Antarctica volcano)
- "The Facts of Life" character
- Toronto band, Death From ___ 1979
- Mountain extract
- Also-___
- Skyfall singer
- ___ Park, in Hamilton
- Army ___
- Got word
- Dessert apple's status
- ___ the Gopher, Saskatchewan Roughriders mascot
- Attempt
- How canned seafood can be packed: 2 wds.
- Blink-182 drummer Mr. Barker
- Detox
- Comparative suffix
- "It's ___
- brainer!"
- Actress Christina
- Ryan Reynolds
- 2002 National Lampoon title role: 2 wds.
- Put one's ___ (Meddle)
- "C'___ la vie!"
- Overwork
- Squeezed, as the wet rag
- Kind of shark
- Certain cheer!
- "Because the Night" songstress
- Wept
- Ill-gotten money
- Domains



- Smidgen
- Homeruns getter
- Kind of shark
- Certain cheer!
- "Because the Night" songstress
- Ms. Smith
- National ___ School of Canada, in

- Montreal
- Sad procession transport
 - 1, "Ghostbusters" (1984) vehicle
 - Liz Taylor role in '63
 - Hot
 - Hartford, ___
 - Student: French
 - Nile wader
 - Justin Trudeau's party
 - Will Smith's wife
 - Wild pig
 - Encourage
 - "The Bad ___" (1956)
 - Be boastful
 - Ms. Turner
 - ___-inflammatory
 - Alberta town
 - Bubbly bars
 - Spanish painter
 - Canadian magician, Doug ___ (b.1947 - d.2000)
 - Canadian Literature: Alice Munro's ___ Away
 - B-vitamin family member
 - Goulash
 - Drake's "Best ___ Had"
 - Darth of Sci-Fi
 - Sluggish
 - Varieties
 - Boast
 - Prevaricator
 - Neutral tone
 - Call ___ question
 - Grey hue
 - Nero's 61

Friday's Crossword



Online

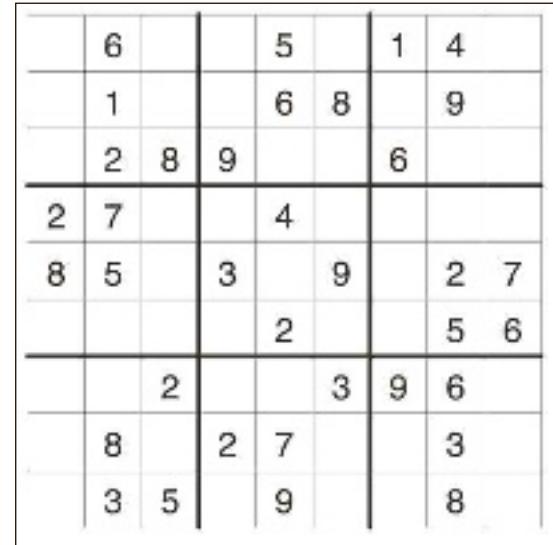
See today's answers at metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



THE HANDY POCKET VERSION!
Get the news as it happens



Download the Metro News App today at metronews.ca/mobile



metro



A NEW WAY TO SHOP

VISIT
US!

NOW OPEN EVERY SUNDAY FROM 10AM TO 4PM



NISSAN GATINEAU

2014 SENTRA
\$59 BI-WEEKLY
0% APR FOR 39 MONTHS
\$0 DOWN



MEGA AUTOMOBILE

2011 BMW 323i
\$17,650
STK: 36176



UP TO 500
USED CARS -
ALL BRANDS!

\$75
WEEKLY
72 MONTHS
@ 4.99%

BILINGUAL
STAFF!

ONTARIO SAFETY/
ETEST/LICENSING
AVAILABLE

RALLYE MITSUBISHI

2015 MIRAGE ES
PLASMA
\$9,998
+ TRAP; PREP



ELITE MAZDA

2015 CX5
\$139
BI-WEEKLY
LEASE
48 MONTHS
@ 20,000 KM



COME VISIT US AND CHOOSE YOUR NEXT VEHICLE IN PEACE!



**MEGA
AUTOMOBILE**

1261, boul. St-Joseph, Gatineau
megamitsubishi.ca 819.770.2277



ELITE

1205, boul. de la Vérendrye Ouest, Gatineau
elitemazda.ca 819.568.6000



Rallye

1185, boul. de la Vérendrye Ouest, Gatineau
rallyemitsubishi.ca 819.568.9999



**GATINEAU
NISSAN.com**

1299, boul. de la Vérendrye Ouest, Gatineau
gatineaunissan.com 819.243.5454